Thank you for joining us!

Session: The Power of Mindfulness Series: Body, Breath & Mind: STOP
Trainer: Anne Contreras
Director of Programs

Getting Started:

1. This is an experiential webinar that includes movement. Please adjust your space for you to comfortably move.

2. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.

3. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. You will not receive a certificate, it will just be the confirmation of attendance email.

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To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.
The Power of Mindfulness Series:
Body, Breath and Mind: STOP
Tuesday, April 28, 2020

Introductions

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Director of Programs - National Trainer

PhD Studies:
International Psychology
Trauma/Systems Concentration,
Global Crisis Informed Care
Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.

Welcoming Activity: Mindful Minute
Engaging Activity: One Minute Reflection

Learning Objectives

- Understand reaction
- Learn the technique, STOP
- Experience Brain Breaks, to help reset-recharge ourselves throughout.
Review – Taken in the Good

“The brain is like Velcro for negative experiences and like Teflon for positive ones.”

Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to cultivate resilience and gratitude.


Engaging Activity: Mountain/Chair Strength Sequence
**Reaction**

Reaction can be thought of as an unconsidered or abrupt behavior or action.¹

**Often a reaction springs forth from a sudden strong emotion, or an accumulation of strong, unexpressed emotions.**

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**Reaction**

When we feel intense emotions, we might experience **physical** clues:

- Shaking
- Heat in the face
- Tight muscles
- Rapid heartbeats
- Stomach aches
- The urge to hit, kick, or stomp

In **mindfulness practice**, we learn how to identify and work with strong emotions before they become reactions.

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¹ Reaction | Definition of Reaction at Dictionary.com
Engaging Activity: Chair Sunrise Twist

STOP

The gap between a reaction and a response.

1. Stop.
2. Take a few breaths.
3. Observe the sensations in your body.
4. Proceed with awareness.

- STOP offers us a chance to respond rather than react.
- It means we are aware of our bodies, breath, and our minds.
- We are better equipped to behave or act in a way to not further confusion, difficulty or harm.


Image: [https://virtuallytutoring.co.uk/blog/stop-mindfulness/](https://virtuallytutoring.co.uk/blog/stop-mindfulness/)
Engaging Activity: Chair Cat/Cow

Engaging Activity: Guided Rest
Takeaways

- Reaction
- Identifying & working with strong emotions.
- Physical cues of intense emotions
- The technique STOP.

Breath, Move & Rest Review

Brain Breaks

1. One Minute Reflection
2. Mountain/Chair Strength Sequence
3. Chair Sunrise Twist
4. Chair Cat/Cow
5. Guided Rest

Home Practice

For this week, try to track:

How many opportunities do you have to apply the technique – STOP?

These opportunities do not need to be big or significant.
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